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'HORRIBLE' NO SEX TAPE AMONG EX'S HOME VIDEOS, LOPEZ SAYS

{page 14}



GREENER LIVING

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See pullout in today's paper

EDMONTON

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Tuesday, June 21, 2011
www.metronews.ca



News worth
sharing.

Roads dept. needs a redesign: Report

► Cost estimates, timelines consistently miscalculated ► Project management office recently created ► Some recommended changes already underway: City manager Simon Farbrother ► Capital budget process different starting this year: CFO Lorna Rosen

Councillors want a city department reworked in light of a report criticizing the road-design and construction branch for poor cost estimates and overly optimistic timelines.

The report, discussed by the audit committee yesterday, states "large or sensitive projects are initiated without council's complete understanding."

"When I read this, I feel a little bit sick thinking that we were, in a sense, deceiving the citizens of Edmonton with respect to the projects we undertake," said Coun. Jane Batty.

The report cites the Quesnell Bridge as an example, with late design changes, major budget adjustments and delays.

The latest reported price tag of about \$160 million will likely be \$6 million more by the time construction wraps up in August, said city auditor David Wiun.

"It seems big projects, we have trouble with," said Mayor Stephen Mandel.

But Wiun also noted that some smaller projects are placed together in a composite budget, which is not ideal when it comes to changing cost or scope.

"I can name a dozen (projects) where they came back and

asked for more money," said Coun. Tony Caterina. "You're already started, so of course you have to approve it."

Several recommendations were made in the report, including ensuring a clear description of scope and funding for each project. But the changes could take four years.

"That's not good enough," said Coun. Karen Leibovici. "We have a lot of capital projects coming forward, spending hundreds of millions of dollars."

● HEATHER MCINTYRE

Long time coming

► The report states that the city auditor has "been making recommendations to improve project management for 18 years."

► Coun. Karen Leibovici said the issue has probably come to light now because of the number of large capital projects undertaken in the last five or six years.

► The committee voted to receive a report in September on the structure and impact of how the project management office, established in 2010, works.



► The Quesnell Bridge is among projects criticized by the city auditor for costing more than was originally budgeted.

Canada Post

Feds force the issue

► Feds introduce back-to-work bill
► Postal workers cry foul {page 4}

Cat burglar

Prolific prowler
Dusty steals
100s
of items
{page 12}



Girl forced to wear bomb vest

Grade 3 student
kidnapped by Pakistani
militants: Police {page 8}

Put your best footie forward

Two single girls want to
treat two single guys to
an FC Edmonton double
date {page 6}

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Weekend of rain leaves closures and flooding

An exceptional rainfall has left parts of Edmonton struggling.

The north and south-west parts of Edmonton were hit particularly hard with a 90-millimetre downpour between Saturday and yesterday — more than the total rainfall for a normal June.

Leo Girard, director of drainage services for the City of Edmonton, said city staff was dispatched yesterday to drain areas flooded after parts of the North Saskatchewan River was clogged by debris.

"We do have staff actively and proactively in areas of the city that are monitoring those locations to see where the pressure points are," Girard said.

Alberta Environment has issued a high-stream-flow advisory for the river in Edmonton, the lowest-level advisory.

A spokesperson for Alberta Environment, Carrie Sencartier, says there is a possibility of flooding in lower-level areas, but nothing major is expected.

Low-lying gravel trails have been closed, some under three feet of water.

All sport fields have been closed and are not expected to open before tomorrow.

● KATRINE SORENSON



For more news:
metronews.ca/edmonton



CHRIS SAVAGE/FOR METRO

► Cody Vermeulen takes the all-too-familiar snow shovel to help push aside the rain that fell in Edmonton yesterday.

Water woes wash city

► Residents forced to scramble to protect their property



CHRIS SAVAGE
EDMONTON@METRONews.CA

Residents of Edmonton's Cloverdale neighbourhood have been left to clean up what a recent wave of heavy rains left behind.

Torrential downpours over the weekend and yesterday caused flooding on roads, as well as in a number of parkades and basements.

Cody Vermeulen lives in the Village in the Park building on 92 Street and

98 Avenue, an intersection that suffered some of the city's worst flooding early yesterday.

"I woke up and called the city three or four times. It took about two hours for somebody to get down here," Vermeulen said. "I pushed out two or three cars that were stuck."

About a block down the road, Michael Gibson entered his basement to discover five inches of dirty water.

"It stinks and pretty much everything is ruined

Reliving history

- Severe rainstorms in July 2004 resulted in flooding on city streets, and damage to homes and businesses across the city.
- The flood damage in 2004

down there," said Gibson. "The sewage is disgusting." Trucks and workers from Pryme Restoration Inc. were among the first to respond to panicked phone calls.

"Compared to 2004, it's

damaged a record 4,000 homes.

- A public-education program began in 2005 to equip homeowners with the information and knowledge to make drainage improvements.

not that bad, but it's the worst I've seen since then," said Pheap Seng, head of the crew who was pumping out the flooded parkade at Village in the Park. "There (is) over two feet of water in here."

1

news


A new report details economic costs of obesity, and how individuals can fight it.

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MACEWAN

Postal workers protest back-to-work bill

SHELLEY WILLIAMSON/METRO



► Local CUPW members, shown outside MP Rona Ambrose's Edmonton office yesterday, were among locked-out postal workers picketing the offices of MPs over federal intervention in a labour dispute.

► Two sides still at odds as labour minister tables bill to force Canada Post, union in arbitration ► Rallies staged across country, including at MP's office



SHELLEY WILLIAMSON
@METRONWS.CA

Rain didn't keep local locked-out Canadian Union of Postal Workers (CUPW) members from rallying at Edmonton-Spruce Grove MP Rona Ambrose's office yesterday.

Dozens picketed outside, while some sat on the floor of the Tory's city headquarters as part of a nationwide plea for the feds to step out of the union's negotiations with Canada Post.

"We look at this as a form of interference with the bargaining process," said local CUPW president Bev Ray, of the Conservative government's tabling of back-to-work legislation for her union's nearly

Strike history

- **Dispute.** Canada Post has said the holdout in a labour dispute with its workers is the union wanting staffing levels the employer can't afford.
- **Wages.** CUPW cited working conditions, starting wages for new hires and benefits as the contentious issues preventing a deal in ongoing negotiations with its employer.
- **Union.** With the back-to-work bill tabled yesterday, the union and its employer would each submit their best last offer and have an arbitrator select one.

50,000 workers.

Federal Labour Minister Lisa Raitt introduced the

bill yesterday, saying she hopes it passes before the Commons breaks Thursday or the two sides come to terms.

Last Thursday, postal service stopped from Canada Post's end after the Crown corporation contended two weeks of rolling strikes by CUPW workers had been too costly.

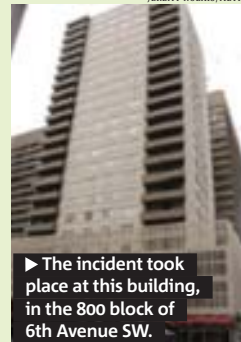
Ray said the union wants to resume talks with Canada Post and get back to work.

"Every unionized worker is surviving on \$175-a-week strike pay; that doesn't go far," said Ray. "I am very disappointed they're taking this step."

Ray said postal workers stuck to their promise yesterday to deliver government cheques.

News in brief

JEREMY NOLAIS/METRO



► The incident took place at this building, in the 800 block of 6th Avenue SW.

Inmate was to be deported

CHINA. The inmate killed in the Bowden Institution on Sunday was to be deported back to China after serving a 12-year sentence for offences committed during a Calgary home invasion in 2003. David Tung Louie, 38, had been at Bowden since January 2010. The prison is still in lockdown as RCMP investigate the homicide.

● METRO

Two charged in bizarre incident in Calgary

FIREBOMBS. Two Calgary men face charges after allegedly dropping what witnesses described as homemade firebombs from an apartment balcony.

A witness called police just before 9 p.m. Sunday and described two individuals filling bags with propane, setting them ablaze with a candle and dropping them from a 10th-storey balcony.

● JEREMY NOLAIS

More money for Slave Lake

FOREST FIRE. The Alberta government is allocating another \$50 million toward rebuilding Slave Lake and area after a devastating forest fire last month.

The money is on top of \$50 million the province made available to residents who lost everything.

The additional dollars are intended for housing, municipal health, infrastructure, employment and education. **THE CANADIAN PRESS**

Two teens killed in separate crashes

Two high school students are dead after two fatal collisions north of Edmonton last week.

Taylor Ryan Paradis was pronounced dead at the scene Saturday after he collided with a semi tractor trailer 10 kilometres east of Smoky Lake.

An Edmonton teen, whose name has not been released, died in a crash northwest of Fort Saskatchewan last Wednesday.

Police say she lost control of her vehicle and was ejected after it rolled.

● METRO

17

The two teens were both 17 when they were killed in the separate crashes last week.

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WEIGHING IN

Province tips scales on obesity

Albertans outweigh the average in obesity rates, according to a national study by the Canadian Institute for Health.

Nineteen per cent of this province's residents reported themselves

as obese, above the 17.1 per cent national average.

Only six per cent of those in Lower Mainland B.C. cities were overweight, while rural Saskatchewan and P.E.I. residents far exceeded national obesity rates at 30 per cent or more.

Aboriginal adults on reserves cited overweight rates of 36 per cent. Off reserves, it was 25 per cent.

● METRO

Motorcyclist survives collision with moose

A motorcycle rider was lucky to escape with only a broken wrist after he ran into a moose near Edson on Highway 16 late Friday. Police believe the motorcycle was driving too fast for the conditions.

● METRO

Crate and Barrel coming to town

Crate and Barrel, a home-furnishings retailer, will open its first store in Edmonton — and fourth in Canada — in Southgate Centre in October. Other Canadian stores are in Toronto, Calgary and Mississauga, Ont. ● METRO

Gals with game seek fellas

- City bloggers pitch for double dates via Twitter
- Guys who are full of themselves need not woo for meet-up at FC Edmonton game next month



SHELLEY WILLIAMSON
@METRONEWS.CA

Two local ladies are on the hunt for male company to take in some action at Foote Field.

Felicia Dewar and Andrea Lauder have taken to social media to find single guys interested in a blind double date to an FC Edmonton game July 13.

"It's not very often that a guy gets treated by a girl on a first date," said Dewar, 35, co-creator of canadiansinglegirls.com, a blog on dating after 30. Lauder did a similar promo last summer that culminated in drinks and a blind soccer date.

"He turned out to be a



SHELLEY WILLIAMSON/METRO

► Felicia Dewar, left, and Andrea Lauder want single guys to make a pitch for their company at an FC Edmonton game.

really good friend," said the 34-year-old.

This year the duo is doubling efforts, calling for male interest on Twitter and their blog.

What if they do find love in the matchup?

"If that did happen, then we've lost our edge as single girls," said Lauder. "We would be looking for someone to take over the editorial reins, to pass the baton to."

For five-foot-seven De-

Double date

► Guys can vie to catch some pro soccer July 13 with Dewar and Lauder by posting interest on their blog or following them on Twitter @andrealauder or @FeliciaDewar.

► Deadline to enter the running for a double soccer date with the gals is midnight July 10.

► Check out the ladies' blog (canadiansinglegirls.com) for advice on navigating the dating world in your 30s, horror stories and suggestions on where to go on dates.

war, she prefers a chap who's tall and "fun, spontaneous, with a really good sense of humour."

And Lauder likes a lad "aware of who he is and where he is going in his career."

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Workplace mental-health issues exposed

Mental illness in the workplace is a huge issue hiding in plain sight, a situation made clear in a report released yesterday by the Conference Board of Canada.

The report, Building Mentally Healthy Workplaces, is based on a national survey of more than 1,000 employees — including almost 500 front-line managers, with follow-up

interviews for some. The findings bookend a new initiative by the Mental Health Commission of Canada to establish national standards for psychologically healthy workplaces.

"When it comes to mental health, misinformation, fear and prejudice remain far too prevalent," the Conference Board report says. "It is time for a change."

The report says that in 2009-10, "78 per cent of short-term disability claims and 67 per cent of long-term disability claims in Canada were related to mental-health issues."

The Conference Board found that 12 per cent of its survey respondents were currently experiencing mental-health issues.

THE CANADIAN PRESS



► Louise Bradley, president and CEO of the Mental Health Commission of Canada.

CHRIS YOUNG/THE CANADIAN PRESS

Western premiers eye Asian and U.S. markets

Most of Canada's western premiers spent the first day of their annual meeting in Yellowknife talking about the importance of Asian and U.S. markets, Northwest Territories Premier Floyd Roland said in a conference call late yesterday.

Roland said the prosperity of Western Canada is dependent on efficient trade with the United States and Asia, including China and India. Roland said that one in four jobs in Western Canada is directly supported by international exports and nearly half of Western Canada's gross domestic product is dependent on exports to these markets.

THE CANADIAN PRESS

Girl forced to wear bomb vest: Police

► Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

A nine-year-old girl was kidnapped by militants on her way to school and forced to wear a suicide-bomb vest, police said yesterday. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of

Rare move

► Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the para-



► Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

ROHULLAH SHAKIR/THE ASSOCIATED PRESS

military soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the

kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate

the suicide bomb after Jawed ran away.

Marwat suggested they may have panicked and fled.

THE ASSOCIATED PRESS

Man charged in e-peeping investigation

Police in Peterborough, Ont., have arrested a man alleged to have secretly taken videos and photos of a housemate's girlfriend getting changed.

The other man discovered the material on the suspect's computer in late May.

He called police after learning a hidden camera had been placed in the bedroom he shared with his girlfriend.

Michael Kehoe, 19, was arrested Sunday and charged with voyeurism.

CRQ/M

Picasso's art shown in Palestine

A Palestinian art academy yesterday put on display a \$7-million US Pablo Picasso masterpiece, the first of its kind in the West Bank.

Picasso's 1943 Buste de Femme is on loan from the Van Abbemuseum in Eindhoven, Holland. Organizers said they had to overcome a lack of reliable transport and several Israeli checkpoints along the way.

The small art school in Ramallah put in the loan request in early 2010. Nor-

2 It took two years to arrange the loan of Picasso's piece, the art academy says.

mally, such inter-museum exchanges are routine and take about six months to co-ordinate, but this took two years.

"Nothing is normal over here," said Khalid Horani, art director of the Palestinian academy.

The painting is the most valuable and prestigious

Western artwork ever shown in the West Bank and is part of the Picasso In Palestine exhibit in Ramallah aimed at introducing Western art to the Palestinians.

The 100-cm-by-80-cm oil-on-canvas work — a cubist deconstruction of a woman's face, dominated by grey hues — is the Dutch museum's most valuable piece of art. It has travelled before to Sao Paulo, Brazil.

THE ASSOCIATED PRESS

News in brief

Saudi activists court Western female support

DUBAI, UNITED ARAB EMIRATES. Saudi activists are urging the West's senior women diplomats to support a campaign by women in Saudi Arabia to win the right to drive.

About 40 Saudi women drove Friday, saying they were beginning a

campaign to lift the restrictions. No arrests were reported.

THE ASSOCIATED PRESS

107-year-old Greek patriot dies

THESSALONIKI, GREECE. A funeral service was held yesterday for 107-year-old Vasiliki Lambidou. The woman lived near the Greek-Turkish border along the Evros river. and had raised a Greece flag at her house every day since 1962.

THE ASSOCIATED PRESS

44 die in plane crash: Officials

A passenger jet crashed in heavy fog late yesterday on a highway in northwestern Russia, just short of a runway whose high-intensity lights had failed, killing 44 people, officials said. Eight people survived the crash.

The RusAir airline Tu-134 plane was going from Moscow to Petrozavodsk, Oksana Semyonova, an emergencies ministry spokeswoman, told The Associated Press.

THE ASSOCIATED PRESS



► Courtney Mitchell, right, offers a wedding ring to Sarah Welton during their wedding ceremony in Katmandu, Nepal, yesterday. The couple from Denver, Colo., married in the first public lesbian wedding in the Himalayan nation.

BINOD JOSHI/THE ASSOCIATED PRESS

Lesbian wedding a first

N.Y. stalls on gay marriage

► Same-sex couples can legally marry in Connecticut, Iowa, Massachusetts, New Hampshire, Vermont and Washington, D.C.

Hundreds of protesters for and against gay marriage in New York chanted, sang and sought out TV cameras yesterday while the state senate again came to no resolution on the issue in a closed-door session that barely touched on the nationally divisive topic.

New York's vote is seen as pivotal in the national question over same-sex

marriage, an effort that largely stalled in the same room two years ago when the senate voted it down. Since then, efforts have failed in New Jersey, Rhode Island and Maryland. Advocates hope a "yes" vote in the country's third-most populous state jump-starts the effort.

Two Republican senators said the gay marriage issue

that has sharply focused the efforts of opponents and advocates was only briefly discussed in yesterday's meeting. Instead, senate Republican leader Dean Skelos is negotiating with Democratic Gov. Andrew Cuomo on religious exemptions that could be enough for Republican senators — most of whom oppose gay marriage — to send the is-

sue to the floor, where a bipartisan effort could pass it.

The state legislature's other chamber, the assembly, has already passed the measure. The legislative session was supposed to end yesterday, but the negotiations are expected to keep lawmakers in the state capital, Albany, through much of the week.

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Communities under water

- Saskatchewan floods force hundreds to evacuate
- Precautionary boil-water advisory in city of Weyburn

Communities across soggy southeastern Saskatchewan are dealing with displaced residents, sewage-flooded basements and suspect drinking water — the unwanted byproducts of days of rain that has overwhelmed rivers and swollen reservoirs.

The Saskatchewan Watershed Authority yesterday predicted that levels would rise another half metre in the partially flooded communities of Estevan and Roche Perceé after more water was released from dams on the Souris River.

Some residents have said they don't understand why floodgates on the dams are being opened when com-

Wall tours area

- Saskatchewan Premier Brad Wall delayed his trip to a western premiers conference so he could tour the affected area yesterday.
- He was planning to discuss federal flood compensation at the premiers' meeting in Yellowknife.

munities downstream are already under water. But authority spokesman Dale Hjertaas said the reservoirs simply can't hold back the huge amount of water.

"The bottom line is ... an awful lot of rain fell and an awful lot of water is com-

ing, and the capacity of the reservoir to hold it back is limited," said Hjertaas. "Most of it needs to be passed on through at this point."

The areas affected were along the Souris, about an hour and a half southeast of Regina.

Environment Canada said that as of yesterday morning Estevan had had 287 millimetres of rain since May 1, making this the wettest May-June period since records began in 1945. The agency said 112 millimetres of rain had fallen in Weyburn since Friday and more rain was expected yesterday.

THE CANADIAN PRESS

Piggy. Boat Ride



► Villagers use a wooden boat to transfer their pigs from a flooded hogpen in Lanxi city in east China's Zhejiang province yesterday.

THE ASSOCIATED PRESS

Pink tank a reminder of Czechs' liberation

A pink tank has temporarily returned to the heart of Prague, Czech Republic, to mark the 20th anniversary of the Soviet troops' withdrawal.

Tank No. 23 was originally put on display in a Prague square in 1945 to commemorate the liberation of Czechoslovakia by the Red Army after the Second World War occupation by Nazi troops. For many, it became a symbol of the 1968 Soviet-led invasion that crushed the liberal reforms of Alexander Dubcek and ended an era known as the Prague Spring.

The presence of the soldiers was called temporary by communist authorities but lasted almost 23 years.

David Cerny, a Czech visual artist, painted the tank pink with friends in April 1991. THE ASSOCIATED PRESS

Floods strike east China

A river passing through the Chinese city of Lanxi has risen sharply due to heavy rains.

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- A self-motivated desire to develop new business
- Some college education or relevant post-secondary training

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 20, 2011. PLEASE QUOTE: "SALES REPRESENTATIVE - EDMONTON" in the subject line. All submissions will be treated as confidential.

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► New rules mean anything goes when choosing web suffix ► Instead of .com, how about .harry or .sally?



BEATRICE
BEDESCHI
METRO WORLD NEWS

So long, dot-com era: The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .edm for Edmonton.

The body in charge of deciding the rules for website names, ICANN (International Corporation for Assigned

You name it

- The expected price of a customized suffix is \$185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- Applications are open from Jan 12 to April 12, 2012.

Names and Numbers), said yesterday that it will open up the market of address endings, also known as gTLDs, generic top level domains.

The Internet community, governments and companies have been pressing

for this for years. But with a customized domain expected to cost about \$185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

Plastic. Money



► Canada's new polymer banknotes in \$50 and \$100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills, which wear and tear more easily. The first bills to go plastic will be the \$50 and \$100 notes. Polymer banknotes are more durable and harder to fake than paper money.

Market moment

TSX	Dollar	Oil	Natural gas
+ 67.75 (12,857.7)	+/- 0¢ (102.02¢ US)	+ 25¢ US (\$93.26 US)	1,000 cu ft \$4.302 US (- 2.3¢ US) Gold contracts \$1,542 US (+ \$2.90 US)

PRICES AS OF 3:30 AM EST

Google to digitize tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. The books range from Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange — to the 1858 work A Scheme for Underwater Seafaring, about the first combustion engine-driven submarine.

THE ASSOCIATED PRESS

14M The British Library's goal is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020.

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HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metrolifepanel.ca
and take the quick poll

Is losing the Stanley Cup a valid reason to riot?

YES, LOSING ATHLETES DESERVE THE SAME TREATMENT AS SHODDY WORLD LEADERS

12%

37%

WHO NEEDS A REASON TO RIOT?

50%

NO, IT'S JUST A HOCKEY GAME

Worth mentioning

WASHINGTON. Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hot on the trail of a felonious feline

A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the



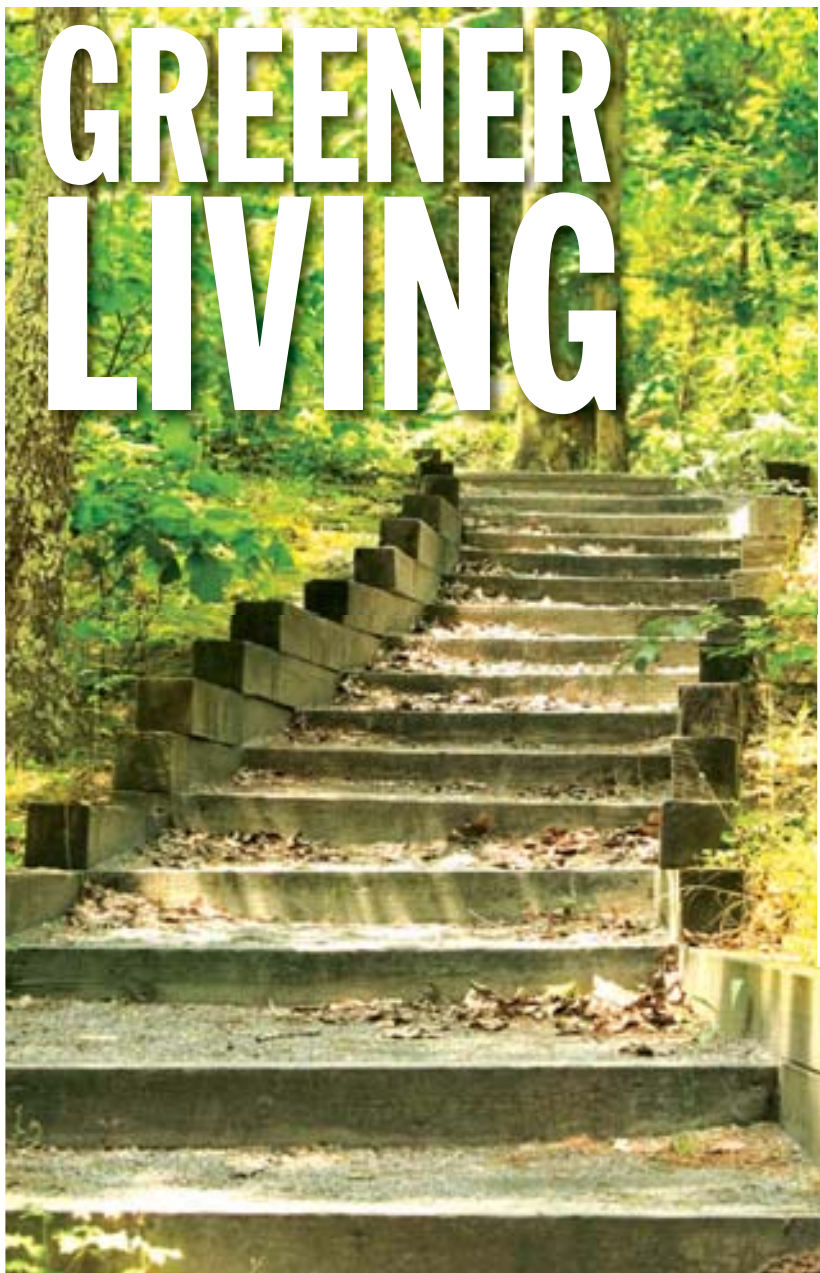
burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

THE ASSOCIATED PRESS



JUPITERIMAGES/COMSTOCK/THINKSTOCK

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of *Green for Life* and more recently *There's Lead in Your Lipstick* (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit metronews.ca/greenerliving.



THE BIG PICTURE

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

“Zero waste has positioned people to think of recycling as a business opportunity,” says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

“Over the last 10 to 15 years, we’ve recognized that landfill may not be the best way to deal with all materials,” he says. “And people now look on at resource recovery as economically beneficial.”

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

“Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal,” says Bartlett — and that means the product isn’t thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there’s little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it’s when a producer’s responsibility for a product is extended to the post-consumer stage of the product’s life

cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

“We are the missing link in reducing waste between governments and organizers at events who put on things,” explains company spokesperson Liliana Segal. “Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled.”

To reduce waste in the workplace, Green Chair Events suggests that businesses renegotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYCLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewable fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

THINGS GO BETTER WITH — PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.



The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company’s long-term goal is to reach a 100 per cent plant-based package for all of its products.

“It’s our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging,” says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

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REDUCE YOUR WASTE: IT'S EASIER THAN YOU THINK



ISTOCKPHOTO/THINKSTOCK

MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOUR- AGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says

Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.

- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.

- Don't buy over packaged products — or leave the extra packaging with the retailer.

- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).

- Buy in bulk.

- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.

- Think about all the products you buy — how they are made and how you will dispose of them.

- Bring your own carry bags when you are shopping.

- Be a good role model — always practice and share positive environmental habits.

- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.

- Compost organic waste. Use the municipal green bin program if available or compost in your yard.



3 still 100% recyclable



PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bring you the pure, crisp taste of DASANI in a bottle designed with the planet in mind. Now available nationwide.

For more information visit livepositively.ca/plantbottle



THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

- a) You always buy bags
- b) You purchase bags but use them again to pick up after your dog or for other things
- c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

- a) paper cup from the local coffee shop
- b) travel mug
- c) styrofoam cup

3. When the batteries in your flashlight die, you

- a) put them back into the recharger
- b) throw them into the garbage
- c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

- a) by weight
- b) packaged
- c) always canned or frozen

5. How do you get to work?

- a) Car, rain or shine
- b) Bike or public transportation
- c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

- a) Go in and cool down.
- b) Walk on by — what a waste!
- c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

- a) Bagged and left at the curb
- b) Raked up and put into the composter
- c) Left on the lawn

8. After a big family dinner, you

- a) Scrape everyone's plate into the green bin
- b) Scrape everyone's plate into the garbage
- c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!



TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

— David Suzuki Foundation,
www.davidsuzuki.org

To see how you measure up, add up your score.

1. a-1, b-2, c-3 2. a-2, b-3, c-1 3. a-3, b-1, c-2 4. a-3, b-1, c-2
5. a-1, b-3, c-2 6. a-1, b-2, c-3 7. a-1, b-2, c-3 8. a-3, b-1, c-2

The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.



► The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy
► So what exactly does the Harry Potter author have up her sleeves? ► We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess

A Smartphone?

How likely it is to happen: 4/5

The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it.



A musical? A TV series?

How likely it is to happen: 2/5

It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.



This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5

Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.

New Line of Fragrances

How likely it is to happen: 1/5

There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

POTTERMORE?



NICHOLAS LIM
SCENE@METRONEWS.CA

tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British

Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!



Scene in brief

The Penguin Young Reader Group has signed up 50 Cent's novel Playground. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012.

THE ASSOCIATED PRESS



Self-published thriller writer John Locke sells 1 million e-books on Kindle

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Wake-up call for Amy Winehouse

► Singer barely makes through first concert of her comeback tour ► Paid a visit to rehab in the U.K. recently ► Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and

feels "this is the right thing to do," her rep says.

Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to Popeater. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." ● METRO



► Winehouse has cancelled the next two stops on her tour.

'There's no sex tape': Lopez

Jennifer Lopez is speaking out about the ongoing legal battle with ex-husband Ojani Noa over home videos from their marriage that he wants to release, a move Lopez has been fighting to block.

"My first husband has tapes of us from our life. It's horrible," Lopez tells Culture magazine.

"It's horrible someone would try to sell personal things, but there's nothing on it. There's no sex tape." ● METRO



Lady Gaga and bf get back together

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight. I think the breakup lasted a week or two," a source says. "They are totally back together now."

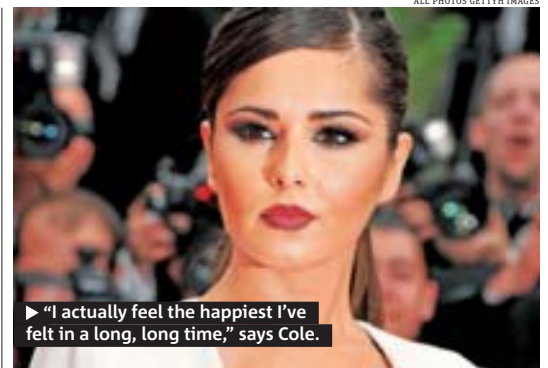
Gaga herself admits she may have stretched the truth in announcing her relationship's demise.

"I sometimes skirt ques-



► Lady Gaga

tions about it — and maybe not honestly," she tells the magazine. ● METRO



► "I actually feel the happiest I've felt in a long, long time," says Cole.

Cheryl says she's just fine

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of X Factor and she doesn't want people feeling sorry for her, according to the Mirror.

"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper. "I've got a big place, I

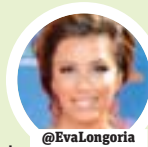
have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before. ● METRO

Celebrity tweets



"Every time i fall in love with a character on Game of Thrones, they die!"



@EvaLongoria

@katyperry

"After a cocktail of prescribed drugz I think I'ma be able to fist pump my way through tonight..."



@russellcrowe

"Total bs article, i am not involved in dark tower at all. this is what 'journalism' has become, a game of pretend"



@GaryShandling

"Here's my security tip if you want to get through the airport quickly: Do NOT wear the 'Al Queda rocks!' t-shirt."



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Cutting the belly fat

► New research shows the science behind why carbs can cause belly fat ► Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes

CELIA MILNE
LIFE@METRONews.ca

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein,

and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.



ISTOCK PHOTOS

3
life

Carb intake



Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent). To reverse visceral fat that's already there, boost the intensity or duration. ● CELIA MILNE

Half the man he used to be

BEN KNIGHT
LIFE@METRONews.ca

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

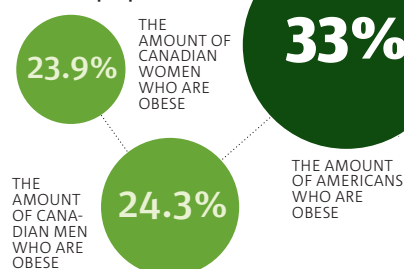
It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher.

"If knowing the risks

Statistics

Looking at the percentages of obese people.



got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22

years."

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.



Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Hollywood silhouette

► Fitness expert Tracy Anderson's tells Metro in her own words how getting the movie star body is possible



ROMINA MCGUINNESS
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

On making a change:

"You are how you move. Everyone is beautiful no matter their shape or size but when we are in proportion we are stunning. Change is possible once you identify the problem areas and focus on changing and re designing your muscular structure."

On switching it up:

"How you build up muscle is key. You don't want to look massive and masculine. Switch exercises every 10 days as muscles, especially the smaller ones, have good memory and need to be continually challenged and stimulated."

On staying connected:

"For long term results, make exercise a priority. Not caring about your body will mess up the way you look later in life. One hour, minimum 30 minutes, six days a week is all you need to stay connected with your body and get results."

On avoiding injuries:

"Using the body in the same way over and over again can lead to injury or joint problems. With dance aerobics,

you are still pounding but are constantly shifting your body and transferring the weight meaning the joints wear out less."

On feeling more powerful:

"Lifestyle is an exhausting word, but identify who you are and make exercise a part of that 'you'. One study showed women spend 80 per cent of their day thinking about negative body issues over lunch, getting dressed, and reading magazines... Reverse this critical train of thought and you'll feel more powerful."



► This could be you.

How to butt out

► Unleash the unstoppable you ► Look at the areas smoking affects you ► Then break that habit for good

Health

You know cigarettes give you cancer. But did you know how fast?

"Smoking causes damage at a genetic level within minutes, not years," says Sara Austin, Self magazine's health features director. "A recent study found that a DNA-harming, carcinogenic by-product spikes in smokers' blood just 15 to 30 minutes after inhaling."

Even scarier, smoking accounts for 30 per cent of all cancer deaths, in addition to causing heart disease, stroke, brain aneurysms and lung problems.

On a daily basis, it's no fun either.

"Smoking is like having a permanent hangover,"

says John Dicey, an ex smoker who puffed for 20 years, at a rate of sometimes 80 cigarettes a day.

Sex

The health benefits of quitting — increased energy, stamina and quicker recovery time — apply to the bedroom as well.

"Smokers are more likely to snore regularly. You can't enjoy sex if you've been exiled to the spare bedroom," says Austin, who also advises that if you're trying to have a baby, both of you should try to quit. "Women who smoke have a higher risk for infertility, miscarriage, premature birth and babies born too small."

Career

"On average, smokers cost their employers \$3,500 more a year due to absence through illness, loss of productivity via illicit smoking breaks and higher rates of incidents at work," says Dicey. Smokers are under the illusion that cigs help them concentrate. The truth is they often can't concentrate because of it.

Finance

"The average smoker blows \$1,360 on cigarettes every year," says Austin. Plus, the resale value of your car drops nine per cent due to the stinky interior.

"Chalk up another \$490 for a single teeth-whitening session to hide your nicotine stains," she says.

OK, OK we quit!

● ROMINA MCGUINNESS/MWN

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CALIFORNATAN swedish beauty.

Blue Plate Diner offers up red-hot lunches

► This eatery serves fantastic food in a trendy and friendly atmosphere



► Elk and bison burger with sweet potato fries.

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONews.CA



Every single Edmonton foodie has a haunt that is his or her absolute favourite.

One of mine is the Blue Plate Diner.

Food, service and atmosphere — for lunch, brunch or dinner — has always de-

lighted me. Since the Blue Plate Diner moved in the new Warehouse District, it is finally getting a little more attention as well.

On this particular Friday, I chose a glass of Italian Pinot Noir (\$9.50) out of deVine Wines' ever-changing selection to pair with my elk and bison burger (\$18).

I savoured the massive patty of blended lean meats, enhanced with chipotle and bacon.

The sweet potato fries could have been thicker, but that lus-

cious, spicy aioli made all the difference.

I wasn't thrilled with the tannic Euro-Pinot, so I focused instead on the tender grilled veggies.

For dessert, I didn't even read past the chocolate peanut butter pie (\$7).

The soft, whipped peanut butter mousse was one of the best desserts I had ever tried.

Reliably trendy, friendly and offering fabulous food, the Blue Plate is a happy haunt indeed.

BUTT HEAD

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Shrimp Appetizer



Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio or at the cottage this summer.

Add mustard and cook for another 2 minutes.

2 Add shrimp and cook for 5 minutes longer, mixing with a spatula.

3 Season to taste. Serve with a salad of fine herbs such as chives, chervil, parsley and basil.

THE CANADIAN PRESS/MAILLE (MAILLE.CA)

Preparation:

1 In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes.

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper,

chopped

- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

This mushroom casserole cooks itself



► This wild rice and mushroom casserole serves four to six.

Preparation:

1 In a large skillet over medium, heat oil. Add onion, green pepper and mushrooms. Sauté for 5 to 6 minutes, stirring occasionally, until vegetables soften. Add garlic, tomatoes, oregano and paprika. Continue to sauté until heated through. Remove to a large mixing bowl to cool.

2 In same skillet, melt butter over medium heat; whisk in flour. Cook and

stir until smooth and golden, 4 to 5 minutes. Whisk in milk and bring to a boil. Whisk shredded cheese into boiling milk to produce a rich, velvety sauce. Add salt and pepper.

3 Combine cooked rice with sautéed vegetables in a large mixing bowl. Fold in cheese sauce and mix gently.

4 Grease inside of a slow cooker (14-cup/3.5-l to 4.5-l/18-cup size). Pour

in wild rice mixture. Cover; cook on low for 4 to 6 hours or on high for

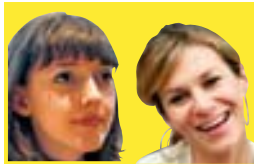
2 to 3 hours or until done. THE CANADIAN PRESS/CROCK-POT

Ingredients:

- 30 ml (2 tbsp) olive oil
- Half medium red onion, finely diced
- 1 large green pepper, finely diced
- 250 g (8 oz) button mushrooms, thinly sliced
- 2 cloves garlic, minced
- 1 can (398 ml/14 oz) diced tomatoes, drained
- 5 ml (1 tsp) dried oregano
- 5 ml (1 tsp) paprika
- 30 ml (2 tbsp) butter
- 30 ml (2 tbsp) flour
- 375 ml (1 1/2 cups) milk
- 250 g (8 oz) pepper jack, cheddar or Swiss cheese, shredded
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 500 ml (2 cups) wild rice, cooked according to package instructions

SHE NEEDS HER OWN FRIENDS

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair? Strangled.

Claire: Dear BF/BFF,

You're not alone. Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world. This behaviour has obviously gone on for some time. By providing a group to hang out with, you've fulfilled her need to socialize, to be extroverted. This isn't ok, unless you two are in a cult where sympathizing with outsiders warrants a good whipping. Make sure you're clear about how

you're uncomfortable her nesting is making you, and that you don't find it attractive. As you're the center of her world, this will probably get her butt off the bed and out into the world. If she's forgotten how to pick up chicks, suggest a class or an activity that she'd enjoy where she's likely to meet new people...like a hot, rich doctor who regularly volunteers at an orphanage. Oops, scratch that.

Andrea: Dear Strangled,

The most important thing I ever learned about relationships was that you can't change people, and I suspect that telling her to get a life might hurt her more than it helps your relationship. So I'd recommend that you change your habits for a few weeks: be more independent, and spend more time alone with the guys. Remind her how much fun it is to miss each other, and tell her you can't wait to hear her stories after a night with the girls. You can even make a game out of it — who gets flirted with the most?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little about myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad,



Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers

of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the

decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

Metro's guide to cellphone do's and don'ts

In this era, almost everyone in your social circle has a cell phone and through this little device we are seemingly connect-

ed to the entire world constantly. It is now nigh impossible for us to last a day without our phones.

We don't blame you be-

cause we do that too, and we would like to think that it's a universal condition. However, the thing is, while it is a socially accepted condition, it is not a socially accepted behaviour or practice.

Here at Metro, we shall show you how to behave like a refined, cultured and well-mannered individual in the real world while still staying connected to the virtual world you're addicted to:

At the restaurant (on a first date)

Sorry ladies and gentlemen, if you are on a first date, that cell phone of yours must cease to exist. Turn it off. Of course, it's

an excellent emergency "Get-Out-Of-A-Bad-Date" device too, but we have ethical qualms about encouraging you to ditch your date this way.

At the restaurant (with a group of friends)

Unless your group is heading to the Queen's palace where you must sit straight and always wear a smile, it is generally acceptable to have your phone out when dining with your friends at any other restaurants.

In a board meeting

Unless you have well-trained hand-eye coordination, we suggest that you focus in the meeting. Sure,



it may last for three hours, but that just means that your company is in a little crisis and your attention should really be on saving your company and not whining about your job on

Twitter.

Who knows, maybe you're about to be fired and this meeting is your last?

Cherish the moment!

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STAYCATIONS ARE IN

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smart-

phone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

Empowering a special group

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant.

If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and



► It's vital to develop an understanding about your finances, especially as you age.

debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cov-

er eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE information

► If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

Diversify your TFSA

► Your Tax Free Savings Account can help you save for big purchases, trips, kids' education or buying a house

It's been three years since the Tax Free Savings Account or TFSA was first introduced. And, if you're like most Canadians, you might have a modest amount in a savings account that is perhaps making one or two per cent interest — if you're lucky.

Well, now it's time to shake things up with a little diversification.

Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of \$5000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away \$15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.



► Consider using your TFSA to save for retirement.

A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full \$15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. **NEWS CANADA**

POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: Make the cost of raising a family less taxing.

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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4
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Quoted



"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS INTERIM MANAGER JACK MCKEON, 80. HE BECAMES THE SECOND-OLDEST MANAGER IN MAJOR LEAGUE HISTORY. CONNIE MACK MANAGED THE PHILADELPHIA ATHLETICS IN A SUIT, TIE AND STRAW HAT UNTIL 1950, WHEN HE WAS 87.



Scan code for more sports news.

Nadal, Williams make easy work of first round

► Top tennis talents both win in straight sets ► Murray drops a set, then wins three straight

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 on a "fantastic" day while his parents watched from the Royal Box.

In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships.

Five-time women's champion Venus Williams, back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

On a day when rain washed out 31 matches on the outside courts, fourth-seeded Andy Murray also moved into the second round, winning in four sets against Daniel Gimeno-Traver in a match played entirely under the retractable roof over Centre Court.

Nadal, coming off his sixth French Open title and 10th overall Grand Slam championship, double-faulted to go down a break 4-2 in the first set against the 91st-ranked Russell. But Nadal buckled down, ran off six

The rematch

Anyone at Wimbledon a year ago, it seems, remembers bits and pieces of the longest match in tennis history, the 11-hour, five-minute marathon between John Isner and Nicolas Mahut.

- Get ready for the rematch, scheduled to begin today at the All England Club.
- Fittingly, perhaps, Isner-Mahut II might not finish today. That's because theirs is the fourth match on tap for Court 3 — and the forecast calls for rain.
- Court 3 holds 1,980 spectators, about 1,200 more than tiny Court 18, which now bears a plaque noting it was the site of the 2010 original Isner-Mahut.

straight games to take the set and go up a break in the second. He was in command the rest of the way against the 33-year-old American.

"I started so-so in the first set, but after that I start to hit very well the forehand and I think I finished playing a very good level," Nadal said.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS



► Rafael Nadal reacts after defeating Michael Russell yesterday.

Lancaster's grandson released by Eskimos

The Edmonton Eskimos have cut the grandson of Canadian Football Hall of Fame quarterback Ron Lancaster.

The club announced yesterday it had released non-import QB Marc Mueller. The team signed the former

University of Regina star in May.

Mueller, a Regina native, completed all three of his passes for 45 yards in Saturday's 23-22 road loss to Saskatchewan. Mueller threw for 2,437 yards, 14 touchdowns and five inter-

ceptions last season for the Rams. Mueller was one of two quarterbacks to throw at the CFL combine this spring. The other was Brad Sinopli from the University of Ottawa, who was taken in the fourth round by Calgary. THE CANADIAN PRESS

Sports in brief

Ramsay ruled out in 'Peg

NHL. The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta head coach Craig Ramsay was informed yesterday that he had been ruled out for the position in Winnipeg,

ensuring that the team will have new faces in all key positions.

THE CANADIAN PRESS

Pujols out at least a month

MLB. St. Louis Cardinals first baseman Albert Pujols will be out for four to six weeks after fracturing his left wrist against the Kansas City Royals.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	44	28	.611	—
New York	42	29	.592	1½
Tampa Bay	40	33	.548	4½
Toronto	36	37	.493	8½
Baltimore	33	37	.471	10

CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	39	32	.549	—
Detroit	39	33	.542	½
Chicago	35	39	.473	5½
Minnesota	31	39	.443	7½
Kansas City	31	41	.431	8½

WEST DIVISION				
	W	L	Pct	GB
Texas	39	35	.527	—
Seattle	37	35	.514	1
Los Angeles	36	38	.486	3
Oakland	33	40	.452	5½

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	45	28	.616	—
Atlanta	41	33	.554	4½
New York	35	37	.486	9½
Washington	35	37	.486	9½
Florida	32	41	.438	13

CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	40	33	.548	—
Milwaukee	40	34	.541	½
Cincinnati	38	36	.514	2½
Pittsburgh	35	37	.486	4½
Chicago	30	42	.417	9½
Houston	27	47	.365	13½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	39	33	.542	—
Arizona	39	34	.534	½
Colorado	36	36	.500	3
Los Angeles	32	41	.438	7½
San Diego	30	44	.405	10

INTERLEAGUE

Last night's results

Atlanta 2 Toronto 0
Baltimore 8 Pittsburgh 3
Boston 14 San Diego 5
Chicago Cubs 6 Chicago White Sox 3
Colorado 8 Cleveland 7
L.A. Angels 2 Florida 1
N.Y. Yankees 5 Cincinnati 3
Tampa Bay 8 Milwaukee 4
Texas 8 Houston 3
Detroit at L.A. Dodgers
Sunday's results
Cleveland 5 Pittsburgh 2 (11 ings)
L.A. Angels 7 N.Y. Mets 3
Cincinnati 2 Toronto 1
Baltimore 7 Washington 4
Boston 12 Milwaukee 3
Atlanta 4 Texas 2
Tampa Bay 2 Florida 1
Minnesota 5 San Diego 4
St. Louis 5 Kansas City 4
Detroit 9 Colorado 1
Oakland 2 San Francisco 1
Chicago White Sox 8 Arizona 2
Seattle 2 Philadelphia 0
N.Y. Yankees 10 Chicago Cubs 4
Tonight's games
Baltimore (Guthrie 2-8) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
Colorado (Chacin 8-4) at Cleveland (Talbot 2-4), 7:05 p.m.
Seattle (Fister 3-8) at Washington (L.Hernandez 4-8), 7:05 p.m.
L.A. Angels (E.Santana 3-7) at Florida (Vazquez 3-7), 7:10 p.m.
N.Y. Yankees (B.Gordon 0-0) at Cincinnati (Cueto 4-2), 7:10 p.m.
Oakland (Outman 2-1) at N.Y. Mets (Gee 7-0), 7:10 p.m.
San Diego (Latos 4-8) at Boston (Beckett 6-2), 7:10 p.m.
Toronto (Z.Stewart 0-0) at Atlanta (Minor 0-2), 7:10 p.m.
Houston (Lyles 0-2) at Texas (C.Wilson 7-3), 8:05 p.m.
Arizona (J.Saunders 3-7) at Kansas City (Hochevar 4-7), 8:10 p.m.
Chicago Cubs (Garza 3-6) at Chicago White Sox (Buehrle 6-5), 8:10 p.m.
Tampa Bay (Hellickson 7-5) at Milwaukee (Greinke 6-2), 8:10 p.m.
Detroit (Scherzer 9-2) at L.A. Dodgers (Billingsley 5-6), 10:10 p.m.
Minnesota (Pavano 4-5) at San Francisco (Bumgarner 3-8), 10:15 p.m.

Sunday's result

L.A. Dodgers 1 Houston 0
Tonight's game
Philadelphia (Halladay 9-3) at St. Louis (McClellan 6-3), 8:15 p.m.
Tomorrow's game
Philadelphia at St. Louis, 8:15 p.m.

BRAVES 2, BLUE JAYS 0

Toronto	ab	r	h	bi	Atlanta	ab	r	h	bi
Yescors	4	0	1	0	Schaffer	4	0	1	0
CPttrsn	4	0	0	0	AlGnziz	3	0	1	0
Bautist	4	0	0	0	Heyward	4	0	1	0
Lind	4	0	0	0	Fremn	1b	3	0	0
A.Hill	2b	3	0	0	Ugla	2b	4	0	1
Arenici	3	0	1	0	D.Ross	c	2	0	1
RDavis	cf	3	0	0	McLoth	lf	2	0	0
J.Nix	2b	2	0	0	DHmdz	3b	3	1	0
Encnc	ph	1	0	0	THudsn	p	3	1	1
L.Perez	p	0	0	0	Kimrel	p	0	0	0
Camp	p	0	0	0					
RRomr	p	2	0	0					
McCoy	3b	0	0	0					
Totals	30	0	2	0	Totals	28	2	6	2
Toronto	000	000	000	0	Atlanta	000	20x	2	
E—Y.Escobar (7), Freeman (5), DP—Toronto 1.									
LOB—Toronto 4, Atlanta 6. 2B—Ale.Gonzalez (13), Heyward (6). HR—T.Hudson (1). SB—Heyward (4), McLouth (2). CS—Schafer (4).									
Toronto	IP	H	R	ER	BB	SO			
R.Romero	L6-7	7	6	2	2	2	4		
L.Perez		2-3	0	0	0	1	1		
Camp		1-3	0	0	0	0	0		
Atlanta									
T.Hudson	W6-6	8	2	0	0	1	8		
Kimrel	5,20-25	1	0	0	0	0	3		
T.Hudson pitched to 2 batters in the 9th.									
HBP—by R.Romero (Freeman).									
Umpires—Home, Angel Hernandez; First, Angel Campos; Second, Chad Fairchild; Third, Joe West. T—2:20. A—22,937 (49,586).									

CALENDAR

July 12 — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
Sept. 1 — Active rosters expand to 40 players.
Sept. 30 or Oct. 1 — Playoffs begin.
Oct. 19 — World Series begins.
November — Free agent period to sign exclusively with former teams, first 15 days after World Series ends.

TENNIS

WIMBLEDON

At London

Yesteday's results

Men

Singles — First Round

Rafael Nadal (1), Spain, def. Michael Russell, U.S., 6-4, 6-2, 6-2.
Andy Murray (4), Britain, def. Daniel Gimeno-Traver, Spain, 4-6, 6-3, 6-0, 6-0.
Tomas Berdych (6), Czech Republic, def. Filippo Volandri, Italy, 6-2, 6-2, 6-1.
Tobias Kamke, Germany, leads Blaz Kavcic, Slovenia, 6-3, 7-6 (4), 1-5, susp., rain.
Gael Monfils (9), France, def. Matthias Bachinger, Germany, 6-4, 7-6 (3), 6-3.
Mardy Fish (10), U.S., def. Marcel Granollers, Spain, 7-6 (3), 7-6 (5), 6-4.
Stanislav Wawrinka (14), Switzerland, def. Potito Starace, Italy, 6-3, 6-4, 6-4.
Gilles Simon (15), France, leads Edouard Roger-Vasselin, France, 4-6, 6-4, 6-3, 4-5 (40-30), susp., rain.
Richard Gasquet (17), France, def. Santiago Giraldo, Colombia, 7-5, 6-3, 7-6 (3).
Ivo Karlovic, Croatia, leads Janko Tipsarevic (23), Serbia, 1-0 (0-15), (susp., rain).
Juan Martin del Potro (24), Argentina, leads Flavio Cipolla, Italy, 6-1, 1-3 (susp., rain).
Juan Ignacio Chela (25), Argentina, leads Marinko Matosevic, Australia, 6-4, 6-4, 6-7 (6), 3-1 (susp., rain).
Ivan Ljubicic, Croatia, leads Marin Cilic (27), Croatia, 7-6 (2), 3-6, 2-1, susp., rain.
Rainer Schuettler, Germany, def. Thomaz Bellucci (30), Brazil, 7-6 (3), 6-4, 6-2.
Milos Raonic (33), Thornhill, Ont., def. Marc Gicquel, France, 6-3, 7-6 (3), 6-3.
Feliciano Lopez, Spain, def. Michael Berrer, Germany, 6-4, 7-5, 6-3.
Grega Zemlja, Slovenia, def. Lukas Lacko, Slovakia, 6-4, 3-6, 7-6 (8), 6-4.
Denis Istomin, Uzbekistan, def. Philipp Kohlschreiber, Germany, 4-6, 6-3, 6-3, 6-3.
Alex Bogomolov Jr., U.S., def. Donald Young, U.S., 7-5, 4-6, 6-3, 6-1.
Gilles Muller, Luxembourg, def. Tommy Haas, Germany, 7-6 (5), 7-6 (3), 6-4, 6-3.
Ryan Sweeting, U.S., def. Pablo Andujar, Spain, 3-6, 4-6, 6-1, 7-6 (1), 6-1.
Igor Kunitysyn, Russia, def. Igor Sijsling, Netherlands, 6-3, 6-4, 6-2.
Simone Bolelli, Italy, def. Martin Fischer, Austria, 7-5, 6-4, 6-4.
Julien Benneteau, France, def. Ruben Bemelmans, Belgium, 4-6, 6-2, 3-6, 4-6, 6-1.
Dudi Sela, Israel, def. Frederico Gil, Portugal, 6-4, 6-1, 6-4.
Victor Hanescu, Romania, leads Jaroslav Pospisil, Czech Republic, 6-4, 2-1 (susp., rain).
Sergiy Stakhovsky, Ukraine, leads Daniel Cox, Britain, 6-2, 0-1 (susp., rain).
Lukasz Kubot, Poland, leads Arnaud Clement, France, 5-4 (15-15) (susp., rain).
Robin Haase, Netherlands, leads Pere Riba, Spain, 5-4 (30-15) (susp., rain).

WOMEN

Singles — First Round

Vera Zvonareva (2), Russia, def. Alison Riske, U.S., 6-0, 3-6, 6-3.
Victoria Azarenka (4), Belarus, leads Magdalena Rybarikova, Slovakia, 6-4, 3-2 (30-40) (susp., rain).
Francesca Schiavone (6), Italy, def. Jelena Dokic, Australia, 6-4, 1-6, 6-3.
Svetlana Kuznetsova (12), Russia, def. Zhang Shuai, China, 3-6, 6-3, 6-4.
Sara Errani, Italy, def. Kaia Kanepi (17), Estonia, 6-1, 6-4.
Yanina Lepchenko (19), Belgium, def. Varvara Lepchenko, U.S., 7-5, 6-3.
Ksenia Pervak, Russia, def. Shahar Peer (22), Israel, 5-7, 6-4, 6-4.
Venus Williams (23), U.S., def. Agul Amanmuradova, Uzbekistan, 6-3, 6-1.
Christina McHale, U.S., def. Ekaterina Makarova (28), Russia, 2-6, 6-1, 8-6.
Kimiko Date-Krumm, Japan, def. Katie O'Brien, Britain, 6-0, 7-5.
Elena Vesnina, Russia, def. Laura Pous-Tio, Spain, 6-4, 6-3.
Anna Tatishvili, Georgia, def. Anastasia Pivovarovna, Russia, 3-6, 6-2, 6-3.
Pauline Parmentier, France, def. Sorana Cirstea, Romania, 6-1, 6-3.
Alexandra Dulgheru, Romania, def. Jill Craybas, U.S., 6-2, 6-4.
Monica Niculescu, Romania, def. Sybille Bammer, Austria, 6-1, 6-1.
Kateryna Bondarenko, Ukraine, leads Alize Cornet, France, 7-5 (susp., rain).
Tamira Paszek, Austria, leads Ayumi Morita, Japan, 5-7, 6-2, 6-0 (susp., rain).
Sandra Zakharenko, Czech Republic, leads Iveta Benesova, Czech Republic, 2-1 (40-30) (susp., rain).

SHOW COURT SCHEDULES

TODAY

Play begins on Centre Court and No. 1 Court at 8 a.m. ET; all other courts at 7 a.m. ET

CENTRE COURT

Aravane Rezaï, France, vs. Serena Williams (7), U.S.
Mikhail Kukushkin, Kazakhstan, vs. Roger Federer (3), Switzerland
Jeremy Chardy, France, vs. Novak Djokovic (2), Serbia
NO. 1 COURT
Andreas Beck, Germany, vs. Andy Roddick (8), U.S.
Caroline Wozniacki (1), Denmark, vs. Arantxa Parra Santonja, Spain
Robin Soderling (5), Sweden, vs. Philipp Petzschner, Germany
NO. 2 COURT
Radek Stepanek, Czech Republic, vs. Fernando Verdasco (21), Spain
Victoria Azarenka (4), Belarus, vs. Magdalena Rybarikova, Slovakia, comp. of susp. match
James Ward, Britain, vs. Michael Llodra (19), France
Li Na (3), China, vs. Alla Kudryavtseva, Russia
NO. 3 COURT
Jelena Jankovic (15), Serbia, vs. Maria Jose Martinez Sanchez, Spain
Ivan Ljubicic, Croatia, vs. Marin Cilic (27), Croatia, comp. of susp. match
David Ferrer (7), Spain, vs. Benoit Paire, France
John Isner, U.S., vs. Nicolas Mahut, France
Mathilde Johansson, France, vs. Heather Watson, Britain
COURT TBA
Not before Noon EDT: Anna Chakvetadze, Russia, vs. Maria Sharapova (5), Russia

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 19

1. Carl Edwards, 532; 2. Kevin Harvick, 512; 3. Dale Earnhardt Jr., 505; 4. Kyle Busch, 503; 5. Jimmie Johnson, 503; 6. (tie), Matt Kenseth and Kurt Busch, 491; 8. Ryan Newman, 456; 9. (tie), Denny Hamlin and Clint Bowyer, 455.
11. Tony Stewart, 454; 12. Jeff Gordon, 438; 13. Greg Biffle, 425; 14. Mark Martin, 418; 15. Juan Pablo Montoya, 409; 16. Paul Menard, 402; 17. A.J. Allmendinger, 402; 18. David Ragan, 395; 19. Kasey Kahne, 387; 20. Martin Truex Jr., 376.

GOLF

PGA FEDEXCUP LEADERS

Through June 19

	Points	Money
1. Luke Donald	1,455	\$3,550,248
2. Bubba Watson	1,417	\$2,990,350
3. Mark Wilson	1,321	\$2,690,688
4. Matt Kuchar	1,306	\$2,878,861
5. Phil Mickelson	1,261	\$2,496,784
6. Nick Watney	1,241	\$2,960,733
7. K.J. Choi	1,236	\$2,996,104
8. David Toms	1,229	\$2,842,215
9. Gary Woodland	1,215	\$2,363,652
10. Steve Stricker	1,173	\$2,561,139
11. Jonathan Byrd	1,154	\$2,358,204
12. Brandt Snedeker	1,148	\$2,345,970
13. Jason Day	1,141	\$2,720,362
14. Rory Sabbatini	1,137	\$2,200,867
15. Martin Laird	1,129	\$2,314,996
16. Webb Simpson	1,093	\$2,174,392
17. Aaron Baddeley	1,069	\$2,283,423
18. Hunter Mahan	1,008	\$2,121,242
19. Charl Schwartzel	980	\$2,080,921
20. Bill Haas	911	\$1,695,915
21. Dustin Johnson	900	\$1,947,228
22. Keegan Bradley	885	\$1,809,388
23. Steve Marino	881	\$1,739,966
24. Jhonattan Vegas	853	\$1,530,336
25. D.A. Points	853	\$1,683,006
26. Ryan Palmer	815	\$1,614,010
27. Jason Dufner	813	\$1,676,060
28. Spencer Levin	794	\$1,586,068
29. Vijay Singh	775	\$1,515,290
30. Y.E. Yang	728	\$1,587,837
31. Brendan Steele	699	\$1,347,604
32. Lucas Glover	699	\$1,377,188
33. Brandt Jobe	693	\$1,238,790
34. Justin Rose	680	\$1,342,182
35. Charles Howell III	663	\$1,213,495
36. Tommy Gainey	650	\$2,265,237
37. Kevin Na	649	\$1,233,265
38. Charley Hoffman	648	\$1,053,358
39. Robert Garrigus	629	\$1,315,557
40. Harrison Frazer	624	\$1,192,489
41. Fredrik Jacobson	612	\$946,682
42. Robert Karlsson	609	\$1,184,755
43. Bo Van Pelt	608	\$1,225,245
44. J.B. Holmes	607	\$1,367,746
45. John Senden	607	\$966,820
46. Brian Gay	600	\$999,066
47. Zach Johnson	595	\$1,085,196
48. Rickie Fowler	548	\$875,545
49. Charlie Wi	528	\$968,001
50. Chris Kirk	527	\$863,109
51. Jimmy Walker	506	\$883,895
52. Robert Allenby	501	\$894,412
53. J.J. Henry	498	\$729,042
54. Stewart Cink	493	\$809,028
55. Ryan Moore	492	\$922,440
56. Adam Scott	492	\$1,156,153
57. Brendon de Jonge	492	\$644,788
58. Marc Leishman	485	\$772,767
59. Ryuji Imada	481	\$878,907
60. Graeme McDowell	479	\$987,558
61. Kevin Chappell	476	\$1,008,960
62. Sergio Garcia	471	\$903,091
63. Pat Perez	468	\$850,388
64. Ricky Barnes	468	\$816,970
65. Carl Pettersson	460	\$811,728
66. Paul Goydos	460	\$1,087,356
67. Jim Furyk	456	\$769,757
68. Brian Davis	451	\$613,716
69. Chris Couch	445	\$725,176
70. Ben Crane	441	\$757,891
71. Jerry Kelly	440	\$740,876
72. Troy Matteson	439	\$761,516
73. Michael Bradley	437	\$806,115
74. Johnson Wagner	424	\$873,786
75. Jeff Overton	415	\$717,170
Also		
117. Stephen Ames	256	\$452,972
128. David Hearn	231	\$360,108

CFL

PRE-SEASON

WEEK TWO

Tomorrow's games
All Times Eastern
Montreal at Hamilton, 7 p.m.
Saskatchewan at B.C., 10 p.m.
Thursday's game
Toronto at Winnipeg, 8 p.m.

Friday's game

Calgary at Edmonton, 9 p.m.

END OF PRE-SEASON

REGULAR SEASON

WEEK ONE

Thursday, June 30

B.C. at Montreal, 7:30 p.m.

Friday, July 1

Winnipeg at Hamilton, 6 p.m.

Toronto at Calgary, 9 p.m.

Sunday, July 3

Edmonton at Saskatchewan, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	15	5	2	8	24	16	23
Philadelphia	14	6	4	4	16	12	22
Columbus	15	5	4	6	16	16	21
Houston	16	4	6	6	19	20	18
D.C. United	14	4	5	5	19	25	17
Chicago	15	2	4	9	17	20	15
New England	16	3	7	6	12	19	15
Toronto	17	2	6	9	15	26	15
Kansas City	13	3	6	4	17	20	13

Crossword

Across

- 1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"

Down

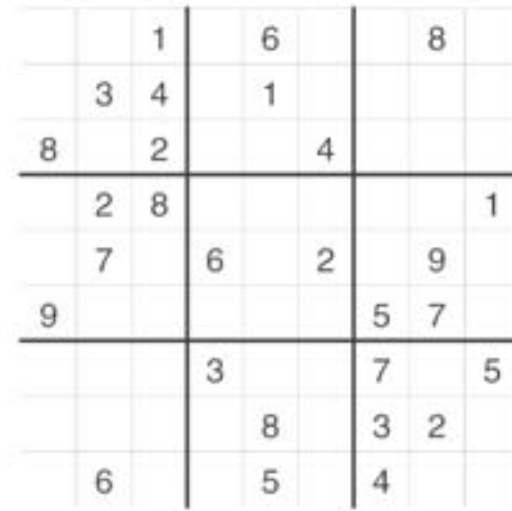
- 1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite
5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly

- 25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply

Yesterday's answer



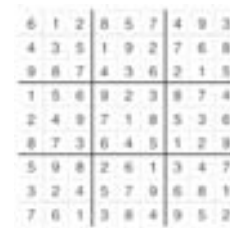
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



A look at the weather

TODAY	WEDNESDAY	THURSDAY
☀ Min 11° ☀ Max 22°	☀ Min 14° ☀ Max 24°	💧 Min 14° ☀ Max 25°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

♉ **Taurus** April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

♊ **Gemini** May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

♋ **Cancer** June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

♌ **Leo** July 23-Aug. 23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

♍ **Virgo** Aug. 24-Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

♎ **Libra** Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

♏ **Scorpio** Oct. 24-Nov. 22 No matter how many plans, but first you need to make peace with someone you've fallen out with.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

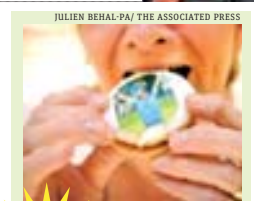
♐ **Sagittarius** Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

♑ **Capricorn** Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

♒ **Aquarius** Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

♓ **Pisces** Feb. 19-March 20. You need to deal with a family issue that is causing grief. It's time to get tough. — SALLY BROMPTON

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Example 84: \$839.99 for 84 years. Example 85: \$849.99 for 85 years. Example 86: \$859.99 for 86 years. Example 87: \$869.99 for 87 years. Example 88: \$879.99 for 88 years. Example 89: \$889.99 for 89 years. Example 90: \$899.99 for 90 years. Example 91: \$909.99 for 91 years. Example 92: \$919.99 for 92 years. Example 93: \$929.99 for 93 years. Example 94: \$939.99 for 94 years. Example 95: \$949.99 for 95 years. Example 96: \$959.99 for 96 years. Example 97: \$969.99 for 97 years. Example 98: \$979.99 for 98 years. Example 99: \$989.99 for 99 years. Example 100: \$999.99 for 100 years. Example 101: \$1009.99 for 101 years. Example 102: \$1019.99 for 102 years. Example 103: \$1029.99 for 103 years. Example 104: \$1039.99 for 104 years. Example 105: \$1049.99 for 105 years. Example 106: \$1059.99 for 106 years. Example 107: \$1069.99 for 107 years. Example 108: \$1079.99 for 108 years. Example 109: \$1089.99 for 109 years. Example 110: \$1099.99 for 110 years. Example 111: \$1109.99 for 111 years. Example 112: \$1119.99 for 112 years. Example 113: \$1129.99 for 113 years. Example 114: \$1139.99 for 114 years. Example 115: \$1149.99 for 115 years. Example 116: \$1159.99 for 116 years. Example 117: \$1169.99 for 117 years. Example 118: \$1179.99 for 118 years. Example 119: \$1189.99 for 119 years. Example 120: \$1199.99 for 120 years. Example 121: \$1209.99 for 121 years. Example 122: \$1219.99 for 122 years. Example 123: \$1229.99 for 123 years. Example 124: \$1239.99 for 124 years. Example 125: \$1249.99 for 125 years. Example 126: \$1259.99 for 126 years. Example 127: \$1269.99 for 127 years. Example 128: \$1279.99 for 128 years. Example 129: \$1289.99 for 129 years. Example 130: \$1299.99 for 130 years. Example 131: \$1309.99 for 131 years. Example 132: \$1319.99 for 132 years. Example 133: \$1329.99 for 133 years. Example 134: \$1339.99 for 134 years. Example 135: \$1349.99 for 135 years. Example 136: \$1359.99 for 136 years. Example 137: \$1369.99 for 137 years. Example 138: \$1379.99 for 138 years. Example 139: \$1389.99 for 139 years. Example 140: \$1399.99 for 140 years. Example 141: \$1409.99 for 141 years. Example 142: \$1419.99 for 142 years. Example 143: \$1429.99 for 143 years. Example 144: \$1439.99 for 144 years. Example 145: \$1449.99 for 145 years. Example 146: \$1459.99 for 146 years. Example 147: \$1469.99 for 147 years. Example 148: \$1479.99 for 148 years. Example 149: \$1489.99 for 149 years. Example 150: \$1499.99 for 150 years. Example 151: \$1509.99 for 151 years. Example 152: \$1519.99 for 152 years. Example 153: \$1529.99 for 153 years. Example 154: \$1539.99 for 154 years. Example 155: \$1549.99 for 155 years. Example 156: \$1559.99 for 156 years. Example 157: \$1569.99 for 157 years. Example 158: \$1579.99 for 158 years. Example 159: \$1589.99 for 159 years. Example 160: \$1599.99 for 160 years. Example 161: \$1609.99 for 161 years. Example 162: \$1619.99 for 162 years. Example 163: \$1629.99 for 163 years. Example 164: \$1639.99 for 164 years. Example 165: \$1649.99 for 165 years. Example 166: \$1659.99 for 166 years. Example 167: \$1669.99 for 167 years. Example 168: \$1679.99 for 168 years. Example 169: \$1689.99 for 169 years. Example 170: \$1699.99 for 170 years. Example 171: \$1709.99 for 171 years. Example 172: \$1719.99 for 172 years. Example 173: \$1729.99 for 173 years. Example 174: \$1739.99 for 174 years. Example 175: \$1749.99 for 175 years. Example 176: \$1759.99 for 176 years. Example 177: \$1769.99 for 177 years. Example 178: \$1779.99 for 178 years. Example 179: \$1789.99 for 179 years. Example 180: \$1799.99 for 180 years. Example 181: \$1809.99 for 181 years. Example 182: \$1819.99 for 182 years. Example 183: \$1829.99 for 183 years. Example 184: \$1839.99 for 184 years. Example 185: \$1849.99 for 185 years. Example 186: \$1859.99 for 186 years. Example 187: \$1869.99 for 187 years. Example 188: \$1879.99 for 188 years. Example 189: \$1889.99 for 189 years. Example 190: \$1899.99 for 190 years. Example 191: \$1909.99 for 191 years. Example 192: \$1919.99 for 192 years. Example 193: \$1929.99 for 193 years. Example 194: \$1939.99 for 194 years. Example 195: \$1949.99 for 195 years. Example 196: \$1959.99 for 196 years. Example 197: \$1969.99 for 197 years. Example 198: \$1979.99 for 198 years. Example 199: \$1989.99 for 199 years. Example 200: \$1999.99 for 200 years. Example 201: \$2009.99 for 201 years. Example 202: \$2019.99 for 202 years. Example 203: \$2029.99 for 203 years. Example 204: \$2039.99 for 204 years. Example 205: \$2049.99 for 205 years. Example 206: \$2059.99 for 206 years. Example 207: \$2069.99 for 207 years. Example 208: \$2079.99 for 208 years. Example 209: \$2089.99 for 209 years. Example 210:

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